



## Grade-Appropriate Resources

### High School

These grade-appropriate resource modules cover topics youth face today as they integrate technology use into their daily lives. Module subjects include privacy, digital peer pressure, online exploitation, cyberbullying and piracy. The resources below are intended for grades 9-12.

The four modules—Digital Citizenship, “P,” Who R U and Content—include videos, activities and worksheets to assist educators with Internet safety education efforts as well as resources to help parents create a positive digital culture at home.

Note: NetSmartz is a resource you’ll see used frequently throughout the Modules. You must register for this site to access some materials, but it is free.

#### **Module 1: Digital Citizenship**

A digital citizen is “someone who is able to think critically about the ethical opportunities and challenges of the ‘digital world’ and make safe, respectful, and responsible choices” (Common Sense Media, 2010).

This module includes information on how to be a good digital citizen, including how to practice netiquette (online etiquette), recognize cyberbullying, take personal responsibility for information posted online and sent via text, recognize that inappropriate images and comments should not be posted online or shared with friends and understand that piracy and plagiarism are stealing.

Topics covered in the activities and videos for Module 1:

- Personal Responsibility
- Netiquette
- Posting Photos of Yourself or Others
- Inappropriate Images and Sexting
- Cyberbullying and the Bystander
- Stealing
  - Piracy
  - Plagiarism

## Videos

- “Cyberbullying: Can’t Take it Back” Video and Activity Cards from NetSmartz (1 minute, 36 seconds)
  - <http://www.netsmartz.org/stories/canttake.htm>  
A video about a teen who regrets his participation on a website created to rate others at his school.
- “Profile Penalty” Video and Activity Cards from NSTeens (4 minutes, 44 seconds)
  - <http://www.nsteens.org/Videos/ProfilePenalty>  
This video explains how online content can have offline consequences.
- “Split Decisions” Video and Activity Cards from NetSmartz (4 minutes, 29 seconds)
  - <http://www.netsmartz.org/RealLifeStories/SplitDecisions>  
A video about Lily and Gabriela, who aren’t getting along- online or off.
- “Your Photo Fate” Video and Activity Cards from NetSmartz
  - <http://www.netsmartz.org/RealLifeStories/YourPhotoFate>  
A video about the social consequences of sexting.
- “Brittney’s Story: Posting Something You Regret” from Common Sense Media
  - <https://www.common sense media.org/videos/brittneys-story-posting-something-you-regret>

## Student Activities and Worksheets

- “Oops! I Broadcast It on the Internet” from Common Sense Media
  - <http://www.common sense media.org/educators/lesson/oops-i-broadcast-it-internet-6-8>
- “My Online Code” from Common Sense Media
  - <http://www.common sense media.org/educators/lesson/my-online-code>
- “Smart Social Networking: Fifteen Tips for Teens” from Cyberbullying Research Center
  - <http://www.cyberbullying.org/smart-social-networking/>
- “Safe and Responsible Social Networking: Strategies for keeping yourself safe online” from Cyberbullying Research Center
  - <http://www.cyberbullying.org/safe-and-responsible-social-networking-strategies-for-keeping-yourself-safe-online/>
- “Ten Ideas for Youth to Educate Their Community About Cyberbullying” from Cyberbullying Research Center
  - <http://www.cyberbullying.org/ten-ideas-for-youth-to-educate-their-community-about-cyberbullying/>
- “Student Climate Survey” from the Illinois Attorney General’s Office
  - <http://illinoisattorneygeneral.gov/cyberbullying/socialnormsposters/Survey%20Cards%20Grade%209%20to%2012.pdf>
- “Copyrights and Wrongs” from Common Sense Media
  - <https://www.common sense media.org/educators/lesson/copyrights-and-wrongs>
- “Retouching Reality” from Common Sense Media
  - <https://www.common sense media.org/educators/lesson/retouching-reality-9-12>
- “Turn Down the Dial on Cyberbullying and Online Cruelty” from Common Sense Media
  - <https://www.common sense media.org/educators/lesson/turn-down-dial-cyberbullying-and-online-cruelty-9-10>

- “Overexposed: Sexting and Relationships” from Common Sense Media
  - <https://www.common sense media.org/educators/lesson/overexposed-sexting-and-relationships>
- “Private Today, Public Tomorrow” from Common Sense Media
  - <https://www.common sense media.org/educators/lesson/private-today-public-tomorrow-9-12>
- “Cell Phone Safety: Ten Tips for Teens” from Cyberbullying Research Center
  - <http://www.cyberbullying.org/cell-phone-safety-top-ten-tips-for-teens/>

### **Educator Resources**

- “Cyberbullying Incident Tracking Form” from the Cyberbullying Research Center
  - <http://cyberbullying.org/cyberbullying-incident-tracking-form-2/>
- “Preventing Cyberbullying: Top Ten Tips for Educators” from the Cyberbullying Research Center
  - <http://www.cyberbullying.org/preventing-cyberbullying-top-ten-tips-for-educators/>
- “Responding to Cyberbullying: Top Ten Tips for Educators” from the Cyberbullying Research Center
  - <http://www.cyberbullying.org/responding-to-cyberbullying-top-ten-tips-for-educators/>
- “Social Norms Posters” from the Illinois Attorney General’s Office
  - [http://illinoisattorneygeneral.gov/cyberbullying/for\\_educators.html](http://illinoisattorneygeneral.gov/cyberbullying/for_educators.html)
- “iHealth Curriculum” from iKeepSafe
  - [http://ikeep safe.org/educators\\_old/addiction-curriculum-downloads/](http://ikeep safe.org/educators_old/addiction-curriculum-downloads/)

### **Module 2: “P”**

Many tips for surfing the Internet start with the letter “P.” Students should know that anything posted online is both public and permanent, which is why it is important to think before you post.

Another important aspect of Internet safety is to not give out any personal or private information on the Internet. Other tips include setting strong passwords and utilizing privacy settings.

This module emphasizes the following “P” words as they relate to Internet safety:

- Public
- Permanent
- Personal
- Private
- Password Protection
- Privacy Settings

### **Videos**

- “Post-to-be Private” Video and Activity Cards from NSTeens (3 minutes, 5 seconds)
  - <http://www.nsteens.org/Videos/Post-to-bePrivate>  
In this video, a student is reminded that even when privacy settings are in place, those on your friends’ lists have access to your online posts. Students are reminded of the benefits of privacy settings and the consequences of posting personal information online.
- “6 Degrees of Information” Video and Activity Cards from NetSmartz (7 minutes, 26 seconds)
  - <http://www.netsmartz.org/RealLifeStories/6DegreesOfInformation>  
Five teens find out how much an Internet researcher is able to find out about them online.

## Student Activities and Worksheets

- “Scams and Schemes” from Common Sense Media
  - <http://www.common sense media.org/educators/lesson/scams-and-schemes-6-8>
- “Post to be Private” Activity Card and Video from NetSmartz
  - <http://www.nsteens.org/Videos/Post-to-bePrivate>
- “Does it Matter Who Has Your Data?” from Common Sense Media Curriculum
  - <https://www.common sense media.org/educators/lesson/does-it-matter-who-has-your-data-9-12>
- “Password Safety: Top Ten Tips for Teens” from the Cyberbullying Research Center
  - <http://www.cyberbullying.org/password-safety-top-ten-tips-for-teens/>
- “Workshop 2: Playing and Staying Safe Online – Student Handouts” from iKeepSafe
  - [http://static.googleusercontent.com/external\\_content/untrusted\\_dlcp/www.google.com/en/us/educators/learning\\_materials/digital literacy/workshop2\\_student.pdf](http://static.googleusercontent.com/external_content/untrusted_dlcp/www.google.com/en/us/educators/learning_materials/digital literacy/workshop2_student.pdf)

## Educator Resources

- “Workshop 2: Playing and Staying Safe Online –Instructor Booklet” from iKeepSafe
  - [http://static.googleusercontent.com/external\\_content/untrusted\\_dlcp/www.google.com/en/us/educators/learning\\_materials/digital literacy/workshop2\\_instructor.pdf](http://static.googleusercontent.com/external_content/untrusted_dlcp/www.google.com/en/us/educators/learning_materials/digital literacy/workshop2_instructor.pdf)

## Module 3: Who R U

There is a perceived anonymity online. As a result, some individuals pretend to be someone they are not. Users can misrepresent their age, gender, personality, location and other information.

In addition, users can create false profiles to cyberbully or attack others. In fake profiles, a user pretends to be someone else, such as another student or adult, and posts rumors or inappropriate content.

Topics covered in the activities and videos:

- Misrepresentation
- False Profiles
- Friending

### Videos

- “Julie’s Journey” Video and Activity Cards from NetSmartz (3 minutes, 11 seconds)
  - <http://www.netsmartz.org/RealLifeStories/JuliesJourney>  
This video tells the story of a 13-year-old girl who ran away with someone she met online. He turned out to be a convicted murderer.
- “Amy’s Choice” Video and Activity Cards from NetSmartz (3 minutes, 50 seconds)
  - <http://www.netsmartz.org/RealLifeStories/AmysChoice>  
The story of a 15-year-old girl who left home to meet a man she first "met" online.
- “Survivor Diaries” Video and Activity Cards from NetSmartz (2 minutes, 43 seconds)
  - <http://www.netsmartz.org/RealLifeStories/SurvivorDiaries>  
In this video, two boys share their stories of online victimization.

## Student Activities and Worksheets

- “Feeling on Display” from Common Sense Media
  - <https://www.common sense media.org/educators/lesson/feeling-on-display>
- “Who Are You Online?” from Common Sense Media
  - <https://www.common sense media.org/educators/lesson/who-are-you-online>
- “Risky Online Relationships” from Common Sense Media
  - <https://www.common sense media.org/educators/lesson/risky-online-relationships>

## Module 4: Content

In addition to being mindful of whom they talk to online, students also need to be aware of the amount and type of information they post and how they represent themselves online.

Topics covered in the activities include:

- Personally Identifying Information
- Self-Representation Online in Texts, Photos and Videos
  - What Story Are You Telling?
  - What Is Your Digital Footprint?

## Student Activities and Worksheets

- “Who Are You Online?” from Common Sense Media
  - <http://www.common sense media.org/educators/lesson/who-are-you-online>
- “Social Networking” Activities and Resources from NetSmartz
  - <http://www.net smartz.org/SocialNetworking>
- “6 Degrees of Information” Video and Activity Cards from NetSmartz
  - <http://www.net smartz.org/RealLifeStories/6DegreesOfInformation>
- “College Bound” from Common Sense Media
  - <https://www.common sense media.org/educators/lesson/college-bound-9-12>
- “Oops! I Broadcast It on the Internet” from Common Sense Media
  - <http://www.common sense media.org/educators/lesson/oops-i-broadcast-it-internet-6-8>
- “Trillion Dollar Footprint” from Common Sense Media
  - <https://www.common sense media.org/educators/lesson/trillion-dollar-footprint-6-8>

## Additional Resources for Parents

- “Preventing Cyberbullying: Top Ten Tips for Parents” from the Cyberbullying Research Center
  - <http://cyberbullying.org/preventing-cyberbullying-top-ten-tips-for-parents-2/>
- “Cyberbullying Scripts for Parents to Promote Dialog and Discussion” from the Cyberbullying Research Center
  - <http://www.cyberbullying.org/cyberbullying-scripts-for-parents-to-promote-dialog-and-discussion/>
- “Responding to Cyberbullying: Top Ten Tips for Parents” from the Cyberbullying Research Center
  - <http://www.cyberbullying.org/responding-to-cyberbullying-top-ten-tips-for-parents/>
- “Cyberbullying” for Parents and Guardians from NetSmartz
  - <http://www.netsmartz.org/Cyberbullying>
- “Basic Internet Safety” for Parents and Guardians from NetSmartz
  - <http://www.netsmartz.org/InternetSafety>
- “Tip Sheets” from NetSmartz
  - <http://www.netsmartz.org/TipSheets>
- “Family Tip Sheets” for Grades K-12 from Common Sense Media
  - <http://www.common Sense Media.org/educators/educate-families/tip-sheets>

## **Additional Online Resources**

### **BrainPOP**

[www.brainpop.com](http://www.brainpop.com) and [www.brainpopjr.com](http://www.brainpopjr.com)

BrainPOP's websites include lesson plans and content for educators on a variety of topics including Internet safety and technology.

### **Cyberbullying Research Center**

[www.cyberbullying.org](http://www.cyberbullying.org)

The Cyberbullying Research Center's website provides research from Dr. Justin Patchin and Dr. Sameer Hinduja on cyberbullying and technology issues. In addition, the website includes activities, handouts, reference materials and tips for youth, parents and educators.

### **Common Sense Media Education**

[www.commonsensemedia.org/educators](http://www.commonsensemedia.org/educators)

Common Sense Media provides free lessons, videos and activities for grades k-12 regarding Internet safety, cyberbullying, privacy, manners and more, in addition to resources for educators and parents, current trends and research.

### **iKeepSafe**

[www.iKeepSafe.org](http://www.iKeepSafe.org)

iKeepSafe's website provides information and interactive activities for parents and educators, as well as links to community resources. The site also posts ad campaigns and informative public service announcements regarding Internet safety.

### **NetSmartz**

[www.NetSmartz.org](http://www.NetSmartz.org)

NetSmartz's website offers educational materials for parents and guardians, educators, law enforcement, kids and teens from the National Center for Missing and Exploited Children and the Boys and Girls Clubs of America. The parent section includes information about online risks, Internet safety news, statistics and a glossary of Internet definitions. NetSmartz has also created an extensive curriculum structured to teach kids and teens online safety through safety presentations, public service announcements, online games and numerous other activities.

### **That's Not Cool**

[www.thatsnotcool.com](http://www.thatsnotcool.com)

A partnership between the Family Violence Prevention Fund, the Ad Council and the Office on Violence Against Women, That's Not Cool's website features a wide variety of public service announcements and posters focusing on safe and responsible use of technology within relationships. The website also offers a blog forum for youth to discuss cyberbullying, sexting, Internet privacy and peer relations.